



## Care environments: Living area

- Principle 9:** To instil a sense of identity throughout the home, encourage people to bring objects out of their bedrooms and into the shared spaces. This reinforces sense of identity in the communal space.
- Principle 5:** Keep curtains open during the day to let in natural light. Use a tieback to get maximum light benefit. **Principle 4:** Avoid bold patterns on curtains which may be confusing or disturbing to a person living with dementia.
- Principle 4:** Ensure appropriate diffuse lighting and window treatments to reduce glare and reflections. **Principle 5:** Check that your home is sufficiently lit and that lighting is even to reduce the potential of shadows. Provide a variety of light sources to ensure that light is even and to augment the overall light levels as required.
- Principles 7 and 10:** Handmade tapestries showcase the personality of those who live there. Including these in the environment can instil a greater sense of familiarity and belonging in communal spaces. **Principle 4:** Soft textured fabrics absorb sounds and can help improve the acoustic quality in a space.
- Principle 3:** Ensure that frequently used communal spaces such as the living area allow for clear sight lines to the W.C. so that it can be located and used easily.
- Principle 3:** A door with contrasting coloured door frames and handles allow it to be seen easily and can therefore encourage movement through to the other rooms.
- Principle 3:** To help with temporal orientation consider using a clock which clearly displays the time, day and date on a large face or in bold numbers so that it can be seen easily.
- Principle 10:** Include a variety of furniture in a range of styles and heights to create an inviting, 'homely' and non-institutionalised feel. **Principle 7:** Furniture must be recognisable and relate to the generation of the people using it. **Principle 1:** Chairs must be comfortable and have good back and arm supports so that people can get in and out of them easily.
- Principle 4:** To add interest yet avoid overstimulation, use a variety of subtly patterned or textured upholstery in a similar colour. **Principle 5:** Ensure the colour of the chairs clearly contrasts with the colour of the carpet. This will allow them to be clearly identified in the environment. Use different textures in the living room to add sensory variation to the space. For example, a knitted throw on the couch or sensory cushions.
- Principles 2 and 9:** Create smaller intimate seating areas as gathering spaces to encourage socialisation. Avoid chairs lined up around the outside walls.
- Principle 10:** Encourage self engagement in activity by creating opportunities throughout the environment.
- Principle 1:** Ensure ample circulation space. Remove rugs and excess clutter from the main circulation space to reduce the possibility of trips and falls. **Principle 3:** To allow the person living with dementia to see the environment clearly, ensure that the flooring is of a contrasting colour to the furniture. Avoid bold patterns or flecks on carpeting.